

Other social pathologies - violence and gambling addiction

(Inne patologie społeczne - przemoc oraz uzależnienie od gier hazardowych)

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Abstract – Introduction. Aggression, in general, is a conscious and deliberate act of intent to harm. On the other hand, violence is understood as exerting a harmful influence on an individual. On the other hand, a person engrossed in pathological play experiences a strong urge that he or she is unable to control. It is only by giving in to this impulse that gamblers can feel relief, and it is often compared to euphoria.

Aim of the study. The aim of the work was to present selected issues of violence and gambling addiction.

Selection of materials. The search was carried out in the Scopus database for the period 2006-2020, using the terms *violence, aggression and pathological playing*. From the literature found in the Google Scholar database, studies were selected which, in the opinion of the authors, would be most useful in the preparation of this study.

Conclusions. Violence arises as an act or undertaking that is intended to injure another human being or being or to destroy a thing. The conditions are decisive for the occurrence of violence: the perpetrator feels unpunished and takes harmful actions, the perpetrator's behaviour always violates the good and rights of the victim, violence only serves the needs of the perpetrator.

The development of pathological gambling usually starts with a series of victories, which brings with it the desire to play more often and to increase the stakes in the game. This leads to losses and the willingness to play back and, as a result, addiction.

Key words - violence, aggression, pathological playing.

Streszczenie – Agresja najogólniej rzecz ujmując jest świadomym i celowym działaniem mającym na celu chęć zaszkodzenia. Natomiast przemoc rozumiana jest jako wywieranie szkodliwego wpływu na jednostkę. Z kolei osoba pochłonięta patologicznym graniem doświadcza silnego popędu nad którym nie jest w stanie zapanować. Dopiero poddanie się temu impulsowi pozwala hazardziście odczuć ulgę, często jest ona porównywana do euforii.

Cel pracy. Celem pracy było przedstawienie wybranych zagadnień z zakresu przemocy i uzależnieniami od gier.

Dobór materiału. Poszukiwania przeprowadzono w bazie Scopus za okres 2006-2020, używając pojęć *przemoc, agresja, patolog*

iczne granie. Ze znalezionej w bazie Google Scholar piśmiennictwa wyselekcjonowano opracowania, które zdaniem autorów byłyby najbardziej użyteczne w przygotowaniu niniejszego opracowania.

Wnioski. Przemoc powstaje jako działanie lub przedsięwzięcie, które ma na celu zranienie innego człowieka lub istoty lub zniszczenie jakiejś rzeczy. O powstaniu przemocy decyduje powstanie warunków : sprawca czuje się bezkarny i podejmuje szkodliwe działania, zachowanie sprawcy zawsze narusza dobro i prawa ofiary, przemoc wyłącznie realizuje potrzeby sprawcy.

Rozwój powstania patologicznego hazardu zazwyczaj zaczyna się od serii zwycięstw, co niesie za sobą chęć częstszego grania i zwiększana stawek w grze. Prowadzi to do występowania strat i chęci odegrania się, a w rezultacie do powstania uzależnienia.

Słowa kluczowe – przemoc, agresja, patologiczne granie.

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Authors' contributions to the article:

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Accepted for publication: May 06, 2020.

I. VIOLENCE

There are many definitions of violence. The concepts of violence and aggression, however, cannot be linked in terms of meaning. Aggression, in general, is a conscious and deliberate act of intent to harm. On the other hand, violence is understood as exerting a harmful influence on an individual. According to I. He wrote: "Violence is defined as any unintentional act that exploits the superiority of the perpetrator, that compromises the individual's personal freedom, contributes to physical or mental harm and goes beyond social norms of contact, or any act of anguish and cruelty." [1] In simple terms, violence is understood as an action or undertaking that is intended to injure another human being or being or to destroy a thing. [2] The occurrence of violence is determined by the action of the following conditions [3,4]:

- The perpetrator feels unpunished and takes harmful action,
- The perpetrator's behaviour always violates the welfare and rights of the victim,
- Violence only meets the needs of the perpetrator.

Violence in the family environment is the most frequent and acute. According to the Act of 29 July 2005, violence in the family is understood as: "... a single or repeated intentional act or conduct that violates the rights or personal interests of persons, in particular endangering their life, health, dignity, physical integrity, liberty, including sexual, causing damage to their physical or mental health, as well as causing suffering and moral harm to persons affected by the violence." [5]

There are four types of violence [6]:

- Physical, i.e. pushing, jerking, kicking, scratching, pinching, striking, suffocating, locking in-doors,
- Verbal, in other words, verbal - calling, shaming, threatening and threatening,
- Mental, that is, groundless criticism, mockery, ridicule, stalking,
- Emotional, that is, disregard, lack of interest and respect,
- Economic - reduction or deprivation of material resources, taking money away,
- Sexual, that is, forced coexistence, forced sexual practices, rape.

The division presented is purely orderly, because usually one form of violence is combined with another. It is not possible to experience physical violence that is not associated with emotional violence. Sexual violence, on the other hand, is often associated with physical violence, but always has an impact on human emotions and psyche. [6,7]

A different division of violence was introduced by Mellibrud. He proposed a division between hot and cold violence. [8]

We talk about hot violence when the perpetrator's behaviour is dictated by fury or the phenomenon of so-called emotional dam bursting and aggressive behaviour is triggered. Fury is an outbreak of accumulated feelings of anger and hatred in a person. It is both a dangerous and fascinating and dangerous phenomenon. Some people believe that fury has a calming effect on people. Such a person becomes drunk with a state of changed behaviour. This state usually passes after direct physical aggression and mental exasperation. It is accompanied by a desire to inflict suffering on another person or to cause harm.

Hot violence can cause negative and intense feelings of frustration, blockage or failure to fulfill desires and aspirations. An aggressive reaction to the stress often targets family members. An important factor is to convince the perpetrator of the victim's helplessness and impunity. The vulnerability of the victim is most often caused by the physical superiority of the aggressor or by the circumstances in which the perpetrator gains psychological power. Cold violence is perceived as calmer, but it is an apparent calm behind which strong emotions are effectively suppressed and controlled. It is characteristic for her to control the life of the whole family through the realization of

a plan that has been created in her mind, sometimes resulting from a cultural environment. A person realizing such a scenario is able to invade the inner mental territory of a spouse or a child. He finds an excuse for his actions, even those causing great suffering. Such behaviour is often explained by the sublimity of the aim pursued by the perpetrator, notwithstanding the suffering of others. One of the most important sources of violence is the feeling of impotence, physical or mental impotence, which the perpetrator tries to suppress through an act of violence.

There is a difference between perpetrators based on hot and cold violence. The perpetrator of hot violence feels guilty and tries to repair the damage. However, despite attempts, he usually repeats the scenario of his behaviour. The perpetrator of cold violence, on the other hand, is unaware of his behaviour because he finds justification even for the atrocity. Such violence is usually aimed at influencing the child by punishing or coercing him or her. Often this type of violence is carried out mechanically, because the offender's parents have used the same type of violence on him. [6,9]

The perpetrators generally try to justify acts of violence. This is particularly true of the feeling of personal impunity for the damage caused and the transfer of all responsibility to the victim. Sometimes the justification for violence is the objectification of the victim and denial of value as a human being. [9,10] Violence always repeats itself according to a noticeable pattern.

There are three phases [11]:

- The phase of tension build-up - this is felt by all those linked to the perpetrator.
- Tension is usually caused by trivialities or minor misunderstandings. Aggression begins to appear.
- A phase of severe violence - emotions take control of human behaviour.

From a relatively calm person it turns into an executioner. His facial features become jammed. He does not see the suffering he causes his loved ones. At some point the aggression passes. Then the perpetrator is reached by the damage he has caused.

In this phase, victims usually decide to call for help or make a complaint.

The honeymoon phase - the perpetrator behaves towards the victim as he did during his engagement. It is a phase of repentance and attempts to make amends. The perpetrator again tries to seduce the vic-

tim. The perpetrator sees what he has done, he starts apologising to the victim and I promise to improve him, he becomes nice and helpful. The victims start to believe in the words of the perpetrator, even though the acts of violence have occurred before. They remain with the perpetrator even when they were ready to flee earlier. This is a period when the victims begin to explain such behaviour to the perpetrator, defend him and partly take the blame. However, the cycle of violence starts again. The perpetrator is not able to stand up for long in this state.

Slowly, the tension builds up and phase two and phase three again occur. These repeated acts weaken the victims. The honey months are getting shorter and shorter, turning into honey weeks and then into days. Violence is a permanent feature of the family. The perpetrator learns that with promises and gifts he can make up for the harm done. [6,9,11,12]

The family is a key place for a child's development. Its childhood significantly influences its functioning in adult life. A child living in a violent family can use similar educational methods in adulthood. However, there are other factors which determine the possibility of this phenomenon occurring in the future.

This includes [11,13]:

1. absence of father,
- Marital disagreement,
3. angry parents,
4. unfavourable economic conditions,
5. large family.

Another term closely related to violence but defined differently in the literature is aggression. Ramírez and Andreu see aggression as intentional behaviour aimed at causing injury or pain. It can be both physical and verbal. It can have the desired effect or end in failure. [14]

Aggression is most often acquired and perpetuated in the human development process and on the basis of social learning. It consists in the domination of an individual's aggressive behaviour, inadequate to the resulting stimulus. According to concepts describing the formation of aggression, the following are distinguished: aggression as an instinct, aggression as a reaction to frustration, aggression as an acquired habit and aggression as a drive. Aggression as an instinct is described as aggression created through evolution and aims to maintain the species through combat skills. Aggression as a reaction to frustration is presented as

a relationship between emotional tension and aggression.

The occurrence of aggression is influenced by: the degree of frustration, but the aggression can be stopped by the punishment, acts of aggression can be carried over. Aggression as an acquired drive suggests that anger is an innate drive, i.e. jerking and beating are reactions to the situation. From a psychological point of view, this aggression is a kind of expectation of reward or punishment. Aggression as a habit suggests that aggression is a behaviour that is so established that it becomes automatic. The main factors perpetuating such behaviour exist in social contacts, observation and imitation of the environment. [1,6,14-16]

II. ADDICTION TO GAMBLING

Pathological gambling, or gambling addiction, has been classified according to the International Statistical Classification of Diseases and Occupational Problems as a personality and behavioural disorder in adults, to disorders of habits and drives. [17]

For recognition, it is checked whether [18-20]:

- There have been at least two playing episodes during the last year,
- Playing does not bring any profit, but continues in spite of the ill feeling and the disturbances in everyday life,
- A person feels a strong urge to play games and is not able to stop playing by will,
- This is the kind of person who is absorbed by the thoughts of the game.

A person engrossed in pathological playing experiences a strong drive that he or she cannot control. Only giving in to this impulse allows the gambler to feel relieved, it is often compared to euphoria. In clinical practice, however, the American DSM-V classification is used. A gambling disorder has been attributed here to substance and addiction disorders. [20]

According to her, pathological gambling is recognised when [20]:

- There is a need to increase the stakes of the game in order to increase the level of excitement,
- There is annoyance or irritation when it is necessary to stop playing,

- A gambler makes many attempts to control, limit or stop the game,
- There are constant thoughts about how to play, how to raise the stakes, thinking about how to get money for the next game,
- Frequent playing for better humour,
- Trying to get back at you after losing the game,
- Lying,
- Occurrence of problems at work, in personal life due to playing ,
- Harassing help from others to improve a bad economic situation because of playing.

The development of pathological gambling usually starts with a series of victories, which brings with it the desire to play more often and to increase the stakes in the game. This leads to losses and the willingness to play back and, as a result, addiction. [22]

There are four phases of gambling addiction [22-24]:

- *A phase of victory*, loss, desperation and loss of hope.
- *The victory phase*. It is preceded by a period of interest in various games from lotteries to slot machines. Usually pathological gamblers start to play as early as in their youth and school years, under the supervision of their parents, e.g. while betting on matches. It often happens that the willingness to play passes after some time, however, some people do not lose their fascination with games and come to the victory phase. It is characteristic for her to play occasionally at first, to think and fantasize about the big winnings. Luck in the game causes more and more excitement and the desire to play more often. It happens that parents support the child's fascination, are happy about his victories and do not see anything wrong with such entertainment. This period can last several years, but more often it ends after a few months. However, such a person has won or has witnessed a victory and a big win for someone around him and wants to experience something like that.
- *The loss phase*. This is the phase in which the addict is betting more and more on unprofitable bets. Any winnings are used to cover the debts and the rest is spent on subsequent games. The gambler starts neglecting his daily duties at home, work, school and hides his problem from his loved ones. He is constantly playing and

hopes that he will win big and his financial situation will improve. The desperation phase is characterised by the loss of friends, work and isolation from family as a result of the game. Increasing financial problems and attempts to hide debts from their loved ones cause mental exhaustion, remorse, feelings of helplessness and guilt. The aim for the gambler is not to win big, but to want to pay off all debts. At this point, an addicted person plays to win enough to pay back at least a small part of the debt. A vicious circle is created here, more lies and more and more debts. This is the moment when the gambler is already able to hide his problem and starts looking for help.

- *A phase of hopelessness.* It is often during this phase that the family breaks up. A gambler cannot cope with debts, guilt and hopelessness. Suicidal thoughts occur in this phase.

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